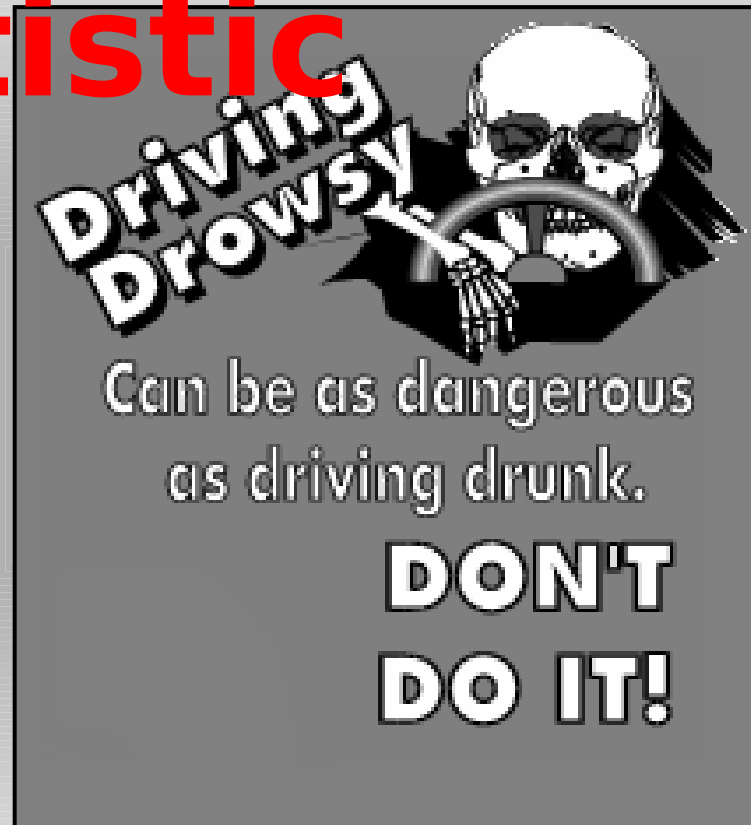


Don't Be A Statistic



Use Composite Risk
Management!

The Effects of Sleepiness and Fatigue

- Impaired reaction time, judgment and vision
- Problems with information processing and short-term memory
- Decreased performance, vigilance and motivation
- Increased moodiness and aggressive behavior

Bottom Line - Driving drowsy can be just as fatal as driving drunk and will increase the risk of an accident.

Fatigue vs. Alcohol

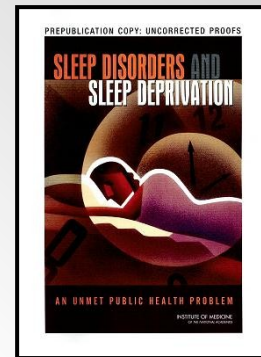
- 17 hours sustained wakefulness produces performance impairment = 0.05% BAC
- 24 hours = 0.10% BAC
- People with mild to moderate untreated sleep apnea performed worse than those with a 0.06% BAC
- On 4 hours sleep, 1 beer can have the impact of a six-pack





Sleep Deprivation

- Associated with chronic diseases and conditions such as:
 - Diabetes
 - Cardiovascular disease
 - Obesity
 - Depression
- Responsible for motor vehicle and machinery-related accidents, causing substantial injury and disability each year
- 25% of U.S. population report occasionally not getting enough sleep



Sleep Guidelines

- The National Sleep Foundation recommends*:
 - Adolescents, 8.5 to 9.5 hours
 - Adults, 7 to 9 hours



* Comprehensive listing of recommended hours of sleep for different age groups – National Sleep Foundation Web site

www.sleepfoundation.org/site

Drowsy Driving Crashes

- Most happen between midnight – 6:00 am and the mid-afternoon (circadian dip)
- Driver is typically alone and most likely male
- Single vehicle drifts off road and hits a stationary object
- Most are rear-end or head-on collisions
- No evidence of braking or evasive maneuvers
- Many involve serious injuries and/or fatalities



Risk Factors



You are more at risk if you are ...

- Sleep-deprived or fatigued
- Suffering from insomnia, poor quality sleep, or a sleep debt
- Driving long distances without proper rest breaks
- Driving through the night, mid-afternoon or when you would normally be asleep
- Taking sedating medications
- Working more than 60 hours a week
- Working more than one job and your main job involves shift work
- Drinking even small amounts of alcohol
- Driving alone or on a long, rural, dark or boring road

information taken from the National Sleep Foundation

Special At-Risk Groups

- Young people
- Shift workers
- Commercial drivers
- People with undiagnosed or untreated sleep disorders
- Business travelers
- The elderly



Warning Signs

- Trouble focusing, keeping eyes open or head up
- Daydreaming; wandering/disconnected thoughts
- Yawning or rubbing eyes repeatedly
- Drifting from lane, tailgating, & missing signs or exits
- Feeling restless & irritable



Before Trip Control Measures

- Get adequate sleep
- Schedule proper breaks – about every 100 miles or 2 hours during long trips
- Arrange for a travel companion – someone to talk with and share the driving
- Avoid alcohol and sedating medications – check labels or ask doctor



During Trip Control Measures

- Watch for the Warning Signs of Fatigue
- Stop driving – pull off at the next exit, rest area or find a place to sleep for the night
- Take a nap – find a safe place to take a 15 to 20 minute nap
- Consume caffeine – the equivalent of 2 cups of coffee can increase alertness for a short period of time. HOWEVER, caffeine should not be relied upon for the long term



n Wisconsin the Penalty Is:

- Charges against drowsy driver in motor vehicle crash
 - **Reckless Driving or Failing to Maintain Control**
- Charges against drowsy driver causing a fatality
 - **Homicide by Negligent Operation of Vehicle**



Drowsy Driving Quiz

True or False

- When I'm driving drowsy, coffee will wake me up.



Drowsy Driving Quiz

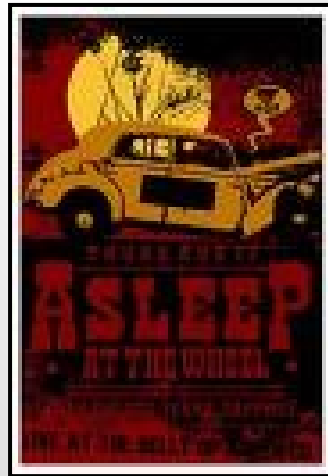
True or False

- **FALSE.** Coffee can increase alertness, but it's no substitute for sleep. Caffeine makes you feel more alert, but the effects last only two or three hours. If you are very sleepy and drink coffee, you can still have "micro-sleeps" – tiny naps that last just a few seconds. At 65 miles per hour, you can travel more than 100 yards in three seconds – plenty of time to crash. Coffee can be part of your strategy for driving alert, but it's not enough by itself.

Drowsy Driving Quiz

True or False

- I can tell when I'm about to fall asleep.



Drowsy Driving Quiz

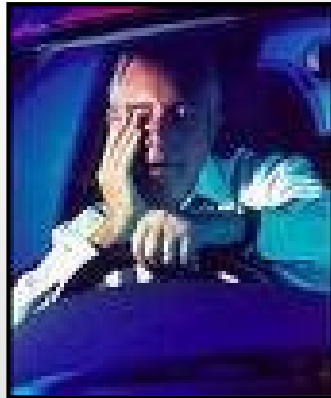
True or False

- **FALSE.** Sleep is not something you can decide to do or not do. Everybody who has had insomnia knows they can't make themselves go to sleep. But most people don't realize they also can't make themselves stay awake. In a study of drivers who fell asleep and crashed, half said they felt only "somewhat sleepy" or "not sleepy at all" just before the crash. You can fall asleep and not know it. You also can't tell how long you've been asleep. When you're driving, dozing for even a few seconds can be fatal.

Drowsy Driving Quiz

True or False

- I'm a safe driver so it doesn't matter if I'm sleepy.



Drowsy Driving Quiz

True or False

- **FALSE.** Safe drivers are always alert. They keep their eyes open and they focus on the road, unlike sleepy drivers. Someone who is a safe driver when they're alert can become dangerous when they're sleepy. In a tragic coincidence, the young man named "America's Safest Teen Driver" in 1990 later fell asleep behind the wheel and was killed. As with alcohol, sleepy people often overestimate their driving abilities and do not recognize that they are impaired.

Drowsy Driving Quiz

True or False

- I can't take naps.



Drowsy Driving Quiz

True or False

- **FALSE.** If you think you can't nap, give it a try anyway. You may be surprised at how easily you fall asleep. Find a safe place to park your car. Pick a well-lit place where your car is visible to passers by, lock your door, and roll up your windows. Now lie back in the driver's seat for 15 or 20 minutes and take a nap. When planning your route, identify places where you can nap if you need to.

Drowsy Driving Quiz

True or False

- Alcohol makes you sleepy.



Drowsy Driving Quiz

True or False

- **TRUE.** To someone who is very tired, one drink feels like four or five. If you have not had enough sleep during the week and you go out on Friday night, even one or two drinks can make you dangerously drowsy on the way home. When you're already tired, don't make matters worse by drinking – remember that the sleepiness remains, even if the alcohol has worn off.

Drowsy Driving Quiz

True or False

- I don't need much sleep.



Drowsy Driving Quiz

True or False

- **FALSE.** Most people need about eight hours of sleep a night. While some need more and some need less, research shows that getting less than six hours of sleep is especially risky. If you go to bed late and wake up to an alarm clock, you are building up a sleep debt. By the end of the week you could be dangerously tired and at risk of having a crash. If you do spend eight hours sleeping but still feel tired, or if you have trouble sleeping, you may have a sleep disorder. Contact your physician.

Drowsy Driving Quiz

True or False

- Being sleepy makes you make mistakes.

oops !!!

Drowsy Driving Quiz

True or False

- **TRUE.** When you're tired your brain can play tricks on you. You may do the wrong thing, or may think you have performed a task you have really not completed. A drowsy driver may not realize that the car is going the wrong way into a divided highway, or that the car ahead is about to stop. Everyone, including doctors, police, engineers, and drivers, become less competent when they are sleepy.

Drowsy Driving Quiz

True or False

- Young people need less sleep.



Drowsy Driving Quiz

True or False

- **FALSE.** In fact, teenagers and young adults need *more* sleep than older adults. They often get less because they often have different sleep schedules from adults. Brain chemicals that cause sleep are released later during adolescence, so teens think that being able to stay up late means they don't need much sleep. The reverse is true: They actually need around 9 hours of sleep a night to be fully rested. Any less and they could end up driving drowsy, even if it's in the morning on the way to school.

Summary

- Drowsy driving is a major problem
- Fatigue is an impairment like alcohol or drugs
- Anyone can be at risk
- There are simple ways to combat drowsy driving
- Practice good sleep habits and remember

Drive Alive Drive Alive



For More Information

- National Sleep Foundation
www.sleepfoundation.org
www.drowsydriving.org
- American Automobile Association
www.aaa.com

